


*Façade and entry of ANC 6D office location.*

## Welcome to Southwest

**A**NC 6D and the residents of our Southwest/Near Southeast community welcome you and the District's agencies to your new offices here at Waterfront Station. We are excited about your arrival and the opening of Fourth Street between M and I streets. We greatly value our community and know you will over time learn to appreciate and love Southwest and the Waterfront as we do. As we often call on

you for assistance and/or guidance from our city bureaus, please know you are welcome to stop by our office in 1101 Fourth St. SW, suite 1004. Perhaps we can answer questions you may have about our community. Or just say hello! It is a pleasure to welcome you to Southwest.

Ron McBee  
Chair, ANC 6D

**The Southwester Presents "Southwest, Home of the Cherry Blossoms," a Special Report on pages 8 and 9**

## Waterfront Organization: Promoter and Civic Partner

**By The Southwester Staff**

**T**he Washington Waterfront Association (WWA) is one of the oldest community organizations in Southwest. For 30 years now, the collaboration of waterfront businesses has worked to promote the neighborhood, organize local events, and interface with the city. New WWA President J. Nickerson told The Southwester that priorities change with new slates of officers, but common points include involvement in the National Cherry Blossom Festival, support and appreciation for police and firefighters, and special care to returning veterans.

"I envision more involvement with all aspects of the community, especially more outreach to young adults who are in need of workforce training," Nickerson said.

The Southwest Waterfront, unique as a live-aboard area where many residents live on houseboats at marinas on the Washington Channel, technically falls between the Titanic Memorial and Washington Marina. However, according to Nickerson, it is larger in reality, wrapping down the channel, back up the Anacostia River, and down towards Bolling Air Force Base. "You just can't break off the [Washington] Channel," said Nickerson.

Of course, the Waterfront is in the midst of a potential revamping. The Hoffman-Struever team is looking "to undo the urban renewal legacy of the past and recreate the Southwest Waterfront as a great world-class destination" with a \$1.8 billion redevelopment plan set to begin as early as 2012. The WWA is poised to take part in the endeavor.

Far from waiting for realities to change, the WWA is working with other organizations to see what the wider community needs and to help make those needs a reality in a new vision for Southwest.

The Association wants to solve problems and not just remove them. Nickerson cited the efforts to help the homeless two years ago who then lived under the highway and train bridges. "The aim must be to move the people or to help sheltering efforts nearby, and not just throw them out," Nickerson said.

Nickerson works as general manager of the Gangplank Marina, so he is certainly versed in the riparian aspects of Southwest. Whether it concerns water taxis, new river parks, or future plans for marinas, he is on top of his game. April will bring the premier Waterfront celebration: the prelude to the fireworks for the National Cherry Blossom Festival. Summer will bring events to show appreciation to our police and firefighters. All of these activities are the result of the hard work of all of businesses that belong to the WWA. Local businesses often sponsor these events, and members also pay dues to the WWA.

The members' monthly meetings bring them together to discuss issues of importance to the community, but there is much behind-the-scenes work done by local residents to contribute to the WWA's success.

*This is the second in a series of interviews with leaders of civic and social organizations in our community.*

## Southwest Waterfront Safeway Readies for Opening

**By The Southwester Staff**

**A**s we have all seen when walking by the new location, Safeway's interior build-out on Fourth Street is coming along nicely. The store plans to open for an evening preview party with tours and shopping on April 15 from 4 p.m. to 8 p.m., with 10 percent off all purchases that day. The grand opening will be on April 16 at 8 a.m. The existing store will close on April 6. To prepare, Safeway announced a closeout sale starting on March 23. From that date until close, the store will offer 30 percent off all purchases.

A recent press release says, "To celebrate the opening of the Southwest Waterfront store, Safeway will sponsor the National Cherry Blossom Festival, which begins March 27 and runs through April 11. Safeway's participation will include sponsorship of the fireworks display on April 3 and will be part of the parade on April 10."


*Future Safeway façade.*

Shoppers will be treated with many amenities found in other modern lifestyle stores including a Starbucks Coffee bar (with its own street entrance as well as in-store accessibility, and with

a decorative fireplace in the seating area), a Bermann's Dry Cleaners, self-checkout lanes, a scratch bakery, expanded floral shop, and a beer and wine department.

For those looking for ready-to-eat options, the press release assures, "Within the key service departments, the deli offers a wide variety of hot and cold prepared foods including the company's signature line of fresh, restaurant-quality soups, made-to-order sandwiches and salads. Shoppers will find separate soup and salad bars, a "cheese world" display, along with refrigerated cases filled with grab-and-go sandwiches and salads and pre-packaged side dishes case. Other features will include an indoor seat-

ing area, separate self-serve olive and home meal replacement bars where shoppers can select from a variety of hot entrees and side dishes to create

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## Local Government and Organizations

The February and March ANC 6D meetings came nearly back-to-back due to the former's snow postponement. Some highlights:

## From Feb. 25, 2010

Jamie Henson from the District Department of Transportation (DDOT) gave an overview of the pedestrian plan for the new Fourth Street between M and I. The street will have three traffic lanes measuring 10 feet each, and two bike lanes five feet each. The plan includes "neck downs" to calm traffic at pedestrian crosswalks (where the street narrows and bike lanes merge on to sidewalks). Crossing areas are colored red to differentiate the pavement, and there are ladder crosswalks and plenty of signage.

Henson was also consulted on a request for an accessible curb on the 900 block of Fifth Street SE. Commissioner Bob Seigel will be sending DDOT a diagram and photos to help define the proposal to assist the seniors living on that street.

The commissioners approved three requests for routes for sporting events: the St. Patrick's Day 8k race, the National Multiple Sclerosis Walk (neither of which enter Southwest residential areas) and the SunTrust National Marathon. Diane Thomas of the Greater Washington Sports Alliance was on hand to discuss the modifications made to the route of the National Marathon to avoid any disruptions for residents and to ease the pedestrian crossing access along the route.

## ANC 6D: As Seen From the Pew



ANC 6D Commissioners in action at Courtyard Washington Capitol Hill/Navy Yard.

Chairman Ron McBee announced that the Washington Nationals will host a Neighborhood Night on April 23, with local residents participating in such activities as singing the National Anthem and throwing the ceremonial first pitch.

Alcohol Beverage Control Committee Chair Coralie Farley presented modifications to the voluntary agreement with the Bullpen, located near the Nats' Ballpark, to extend hours and to serve liquor at special events. The commission approved with one vote against. Capital Yacht Charters requested ANC approval for a liquor license. That request was also approved.

ANC 6D will move its offices from the current location at Syphax Gardens to new space at Waterfront Station. The move is scheduled for

April 5.

## From March 8, 2010 at Courtyard by Marriot, SE

Donald Bert announced a Plan Outreach meeting on Tuesday, March 23 for the Consolidated Forensics Laboratory being built in Southwest.

Tim Karikari informed the ANC that the Army Corps of Engineers recently received funding for the levy repair. The work will be done in two phases – construction and landscaping. The Corps will advertise bids on April 30 and award a contractor in June, with actual construction to start in July.

Some residents say they want the Southwest Community House to be preserved. A hearing

to landmark the house will take place on March 25.

Craig Muckle of Safeway was on hand to introduce management for the new store on Fourth Street. See the article on page one for details.

Gordon Fraley and David Smith from Waterfront Associated gave updates on the Waterfront Station project.

- 900 city employees are scheduled to move in by March 25, with the rest of the total of 1,200 arriving by the end of May.
- CVS and Safeway have signed leases for retail space.
- CVS will open in their new location in late May or early June.
- There are heavy ongoing negotiations to lease the rest of the 18,000 square feet of retail space.
- Lease signings for a dry cleaner, a sit-down restaurant; a burger restaurant are very close. [Note: Subway Restaurant later signed the lease in the last week of March - Ed.]
- Bank of America will not move into a Fourth Street location. It will stay in its M Street trailer for the foreseeable future, since its lease runs until December 2012.
- Waterfront Associates is in negotiations with another bank for a space on Fourth Street.
- The old Safeway will be demolished, but it may take up to a year due to permits and multiple stages of demolition. The area will be fenced off until demolition is completed. DDOT reports that it is working to extend the parking hours along the Waterfront, recently shortened to two-hour limits. They are also considering new technologies for parking payment.



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To contact the Southwest Neighborhood Assembly, Inc., please leave a message at 202-554-8560.

## Southwester Staff

Dale MacIver, *Editor Emeritus*;

Glenn Favreau, *General Editor*;

Matthew Bevilacqua, *Copy Editor*;

Perry Klein, *Distribution*;

Electronic Ink, *Design & Layout*;

Silver Communications, *Printer*

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## Southwest Community Calendar

## MARCH

**SUN., MARCH 28**, Grounds for Discussion Presents A New Look at International Relief and Development 11 a.m., St. Augustine's Episcopal Church, 600 M St. SW.

**WED., MARCH 31** River Park Friends (RPF) Annual Meeting, 10 a.m. 1311 Delaware Ave. SW, South Common Room. Presentations by 2009 Grant recipients, discussion of accomplishments and plans for RPF, a 501(c)(3) organization providing support for educational, community development, and charitable purposes in the near SW DC since 1998. Contacts: Coralie Farlee, President, 554-4407 for information on RFP; Joyce Bouvier, Secretary, 488-4419 to RSVP and information on access to River Park.

**SAT., APRIL 3** Nationals Game, 4:05 p.m.

**SUN., APRIL 4** Easter Sunday

**MON., APRIL 5** Nationals Game, 1:05 p.m.

**WED., APRIL 7** Nationals Game, 7:05 p.m.

**7:30 P.M.** Alcohol Beverage Control Committee, ANC 6D, King Greenleaf Recreation Center, 201 N St. SW. Agenda includes current liquor license applications/changes; updates on ABRA hearings/decisions; other issues relevant to Southwest and D.C. liquor licensing. This is a committee meeting where community comment is welcome. Contact: Coralie Farlee, Chair, 554-4407; cfarlee@mindspring.com.

**7 P.M.**, St. Augustine's Art & Spirit Coffee-house, Charlotte Fox and her daughter Charneice Fox, St. Augustine's Episcopal Church, 600 M St. SW. The free evening includes coffee and desserts, followed by a Q & A with the audience, facilitated by Michael Mack.

**6:30 P.M. - 8 P.M.**, Westminster Presbyterian Church, 400 I St. SW: Youth Creative Design Workshop, downstairs. Learn the tools and techniques of working with leather, fabric and more. Teachers Dave Gilbert and Faye Abdullah. Light supper provided.

**THURS., APRIL 8** Nationals Game, 4:35 p.m.

**8 A.M. - 9 A.M.**, Councilmember Tommy Wells Office Hours, Channel Inn, 650 Water St. SW

**MON., APRIL 12** 7 p.m., Advisory Neighborhood Commission (ANC) 6D, Monthly Business Meeting, St. Augustine's Episcopal Church, 600 M St. SW

**WED., APRIL 14** Westminster Presbyterian Church, 6:30 p.m.-8 p.m., 400 I St. SW: Youth Creative Design Workshop, downstairs. Learn the tools and techniques of working with leather, fabric and more. Teachers Dave Gilbert and Faye Abdullah. Light supper provided.

**FRI., APRIL 16** Nationals Game, 7:50 p.m.

**SAT., APRIL 17** Nationals Game, 1:05 p.m.

**SUN., APRIL 18** Nationals Game, 1:35 p.m.

## WEEKLY, BIWEEKLY

**THE KIWANIS CLUB** of Southwest Waterfront meets year-round at Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. to 7:30 p.m.

**TUESDAY AND THURSDAY EVENINGS:** The South Washington West of the River Fatherhood program will start their "Quenching the Father Thirst" sessions at St. Augustine Church, 600 M St. SW. The sessions provide a place for dads to talk, share and learn to improve relations

with their wives and children. For more information call Alphonso Coles at 202-870-1885.

**SOUTHWEST SEWING GROUP**, Mondays, 9:30 a.m. - 2:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, contact Willie Mae Stukes, Sewing teacher, 301-445-1792. Open to all interested in working on their own sewing projects and updating their hand and/or machine sewing skills. Meets every Monday, except for July and August.

**SOUTHWEST RENEWAL AA** (Alcoholics Anonymous) group, Mondays, 8:30 p.m., St. Augustine's Episcopal Church, 600 M St. SW, 202-554-3222.

**SW FREEWAY NA** (Narcotics Anonymous) group, Wednesdays, 7 p.m. - 8 p.m., Westminster Presbyterian Church, 400 I St. SW, 202-484-7700.

**AARP-SOUTHWEST WATERFRONT, CHAPTER 4751** meets the third Wednesday of each month, except for June, July and August. River Park Mutual Homes Inc., Community room, 1311 Delaware Ave. SW. Founded in 1958, AARP is a nonprofit, nonpartisan membership organization that helps people 50 and over improve the quality of their lives. For further information, contact Chapter President Elger Offutt, ee.offutt@comcast.net or 202-285-4677.

**AS YOU PLAN** your calendars for the remainder of 2010, please add the date of Saturday, September 11, 9 a.m. to 3 p.m., for St. Augustine's Episcopal Church's annual End of Summer Fair. Our theme this year is "Sail into Fall." We hope you'll join us to help raise funds to support our community programs for children, teens and seniors. Soon you'll receive information on sponsorships and opportunities to be vendors.

Please submit calendar items for April, 2010 events by e-mail to [thesouthwester@yahoo.com](mailto:thesouthwester@yahoo.com) by Monday, April 5, 2010.





Lively panel discussion at February Assembly meeting.

## The Assembly Highlights Black History Month

By Kael Anderson

The Southwest Neighborhood Assembly (SWNA) held its annual Black History Month Celebration on Feb. 22, with the keynote address given by Dr. E. Faye Williams, national chair of the National Congress of Black Women.

Rather than deliver a traditional speech, Dr. Williams led what amounted to an interactive trivia night. Williams quizzed and polled the audience on a remarkable range of black leaders, struggles and triumphs. From Barack Obama to "Black Wall Street" to many local legends, participants recalled dozens of stories. Although an entertaining tribute, Williams took care to note that the community needs more black leadership and commitment to civic affairs.

A panel discussion focused on race in America and Southwest rounded out the evening. Eloquently led by Kinshasha Holman Conwill, deputy director of the Smithsonian Institution National Museum of African American His-

tory and Culture, the panel also included Dr. E. Faye Williams; Ofield Dukes, president, Ofield Dukes & Associates public relations firm; Ron McBee, chairman of ANC 6D; and Wamara Mwine, White House correspondent, Newsroom Magazine and Politics In Color.

The panel touched on a wide range of issues, but many reinforced the need for an open dialogue to work together on future progress. Audience member Dr. Beryl Rice closed the meeting by emphasizing that black community leaders need to imbue black youths with pride and a sense of self to feel proud of their heritage and seize opportunities for individual and collective progress.

The SWNA annual report meeting was held on March 22 to make available to the public its activities and accomplishments. The evening included a keynote by Roger Wilkins, former Assistant Attorney General, George Mason University professor and Southwest resident, and a report from the Washington Nationals.

## Blotter

Reported by John McGrath

Highlights of PSA 104 Monthly Meeting, Thursday, March 18, 2010, 7 p.m. – 8:30 p.m., Town Square Towers Condominium (700 Seventh St. SW)

Participants: Lt. Nicholas Gallucci and Sgt. Whitaker, PSA 104; Naomi Monk and Irv Gamza, PSA 104 meeting coordinators/facilitators; ANC Commissioners McBee and Hamilton and 25 concerned citizens.

1. Lt. Gallucci reviewed the crime statistics for February 2010 which are uniformly lower in all categories. Discussion followed about:

(1) A department-wide change in organization whereby police sergeants will no longer be exclusively assigned to a PSA. Police captains in charge of First District-wide shifts will have greater flexibility in assigning resources. (For the most part, citizens will not see any difference due to this change.)

(2) Due to city-wide police commitments during April 2010, the April 2010 PSA meeting scheduled for Riverside Condominium is cancelled (see below for information on the next regularly scheduled PSA meeting)

(3) Police follow-up and surveillance near Edgewater Condominium (Fourth and O St. SW) following recurring rock throwing and window-breaking by juveniles. (Also, a

globe off a light pole was thrown through the balcony window of a senior citizen.) Prior incidents of broken windows at a townhouse near the O St. circle (300 O St. SW) was mentioned. Edgewater Condo is also exploring added lighting (between Edgewater and Riverside Condos), security cameras and possibly security patrols.

(4) Police follow-up on recent assault and robbery cases (12/19/09 – Sixth and K streets SW; 1/23/10 – 300 M St. SW [courtyard]; and 2/19/10 – 1200 Fourth St. SW [sidewalk]). Police stated that each victim must contact the assigned detective for information on the status of their case.

(5) Police stated that the perpetrator in an attempted March 4 bank robbery at Bank of America on 401 M St. SW was arrested following another incident.

2. Lt. Gallucci strongly recommended that property owners consider purchasing newer, cheaper "audible alarms" for doors/windows rather relying on more expensive silent alarm systems.

3. Residents were interested in seeing added traffic/speed enforcement on M Street SW from South Capitol St. to Seventh Street (e.g., excessive speed, running red lights, timing of traffic lights at crosswalks, etc.) Also, Jefferson Middle School students continue to run into traffic on Seventh Street SW rather than crossing at the light at the time of dismissal.

Next Meeting: May 20, 2010 (7 p.m. – 8:30 p.m.) Syphax Village Condominium, 1322 Half St. SW

The Southwest Neighborhood Assembly Board voted to send a letter to the Planning/Historic Preservation Office of Washington, D.C. to support the historic landmarking request for the James C. Dent House, commonly known as the Southwest House. The recent history of the property is convoluted, but the Assembly and the wider neighborhood would like to see the house back in the hands of a non-profit for the benefit of the community. The Assembly's letter is below.

### SOUTHWEST NEIGHBORHOOD ASSEMBLY

P.O. Box 70131, Washington, DC 20024  
Telephone: (202)554-8560 Web-site: www.swdc.org

March 4, 2010

Mr. Tim Denne  
Planning/Historic Preservation Office  
2000 14<sup>th</sup> Street NW, 4<sup>th</sup> Floor  
Washington, DC 20009  
RE: Historic Landmark Application # 09-07  
James C. Dent House, Square 603, lot 807 (old Lot 15)

Dear Mr. Denne:

The Board of Directors of the Southwest Neighborhood Assembly, at its March 1<sup>st</sup> meeting, voted to unanimously support the nomination of the James C. Dent House also known as the Southwest House, located at 156 Q Street SW, for Historic Designation.

The history of this house details its importance in its early years to our Southwest Community. It is the last and grandest of the houses built in what was a neighborhood of working class residences. In recent years it was a center for services to the low wealth community that now surrounds it in Southwest.

The American Planning Association included the Dent House in its survey of places in SW that should be preserved. Historic Designation for this well remembered house will provide the focus to remind its surrounding community and all of us of the importance of Southwest in the history and development of the District of Columbia.

Sincerely,

*Carolyn G. Mitchell*

Board of the Southwest Neighborhood Assembly  
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## Real Estate and Development

By Will Rich

## Real Estate Notes

■ **Granite components of the MLK Memorial designed by Chinese sculptor Lei Yixin will soon make their way to the Tidal Basin from China for assembly.** The Stone of Hope, a statue which will bear the image of King, will stand about 10 feet taller than the statue of Thomas Jefferson at the Jefferson Memorial, Abraham Lincoln at the Lincoln Memorial, and the Statue of Freedom atop the Capitol dome. By summer 2011, the memorial should be ready for its grand opening.

■ **The U.S. Department of Agriculture's National Institute of Food and Agriculture renewed their lease at Waterfront Centre,** an office building located at 800 Ninth St. SW. The USDA renewed their 126,000-square-foot space for an additional 10 years. This news comes on the heels of an announcement in November that the USDA will occupy most of phase III of Patriots Plaza.

■ **The GS Graduate School,** an independent nonprofit institution originally created by the USDA, **has merged with Southeastern University and will move part of their operations to the SEU campus building** at the corner of Sixth and I streets SW. Allied

health programs will be a major focus for the combined university.

■ **The pathway to the Waterfront-SEU Metro station entrance has been shifted to Fourth Street.** The temporary change will allow for construction of the Metro plaza to the east of the Metro entrance. District government tenants have already started the process of moving furniture to their office space.

■ **About 800 FBI employees will be moving to 180,000 square feet of space at phase II of Patriots Plaza,** a 351,502-square-foot office building that delivered last fall on E Street SW. With this lease, the building is now slightly over halfway leased and neighboring Patriots Plaza III is mostly full, since back in November the GSA announced that the USDA will move to that building.

■ As a part of the Southwest Waterfront redevelopment by the Hoffman-Struever team, its plans call for a cultural component focused on education and maritime history. This component may come in the form of the Navy

Museum, currently located at the Navy Yard in Capitol Riverfront. **There is momentum towards moving the Navy Museum to the Southwest Waterfront** – with support coming from Ward 6 Councilmember Tommy Wells, who wrote a letter to Admiral Gary Roughead in January expressing his support for the move.

■ On Feb. 2, the **D.C. Council introduced legislation to offer \$25 million in incentives for Northrop Grumman,** an aerospace and defense technology firm, **to move their headquarters to the District from California instead of the suburbs,** but the bill targets the new DCFD Engine 13 site as the preferred location for the company. The Fourth & E site will be a 191,000-square-foot, 10-story office building, with a new Engine 13 firehouse on the ground floor. The firehouse will be facing Fourth Street, while the office building's lobby will be oriented towards E Street.

■ **The National Capital Planning Commission held a public meeting** on February 2 to get input on the commission's **10th Street**

**Corridor Task Force Initiative.** Back in April 2009, the NCPC and the U.S. Commission of Fine Arts approved the Monumental Core Framework Plan, which calls for revitalizing federal areas adjacent to the National Mall, including the Southwest Rectangle and the 10th Street corridor. Another public meeting will be held later this year as planning gets underway for the area, which is bounded by Independence Avenue to the north, Maine Avenue to the south, Seventh Street to the east and 12th Street to the west.

■ **The National Capital Planning Commission approved preliminary and final site development plans for improvements and perimeter security for Federal Office Building 8,** located at 200 C St. SW. The General Services Administration (GSA) plans to convert the Modernist-style building into Class A office space for Health and Human Services employees and House of Representatives committee staff members by October 2012.

*News from Southwest was adapted from the Southwest...The Little Quadrant That Could blog ([www.southwestquadrant.blogspot.com](http://www.southwestquadrant.blogspot.com)) and Near Southeast news was adapted from the JD Land blog ([www.jdland.com/dc](http://www.jdland.com/dc)).*

## Scenes from Waterfront Station





## Health, Fitness and Nutrition



# HCG – The New Weight Loss Miracle?

By Derrick Inglut

What if you could lose 30 pounds in 30 days? Or better yet, 40 pounds in 45 days? A new weight loss hormone claims to just that. Actually, it's not new at all, it's called HCG and until recently was hardly known as more than a pregnancy indicator.

HCG, also known as Human chorionic gonadotrophin, is a hormone the embryo makes during pregnancy. Its primary function is to preserve the corpus luteum (what's left of the follicle after ovulation), thus maintaining progesterone levels. Modern science suggests this hormone may permit the removal of the most stubborn fat areas when combined with an extremely low-calorie diet. But does it really work?

Dr. Simeons founded the HCG diet a few years back but it wasn't until recently that society really caught on. The diet claims you can lose as much as one pound a day provided that you take oral or injectable shots of the hormone as many as six times per week, along with a strict 500-calorie-a-day diet, the latter of which catches my attention. Is it the hormone working, or the fact that you're starving yourself?

According to Dr. Simeons, "HCG will allow the body to tap stubborn or inaccessible fat stores all while maintaining muscle tissue". If you think it's too good to be true, that's because



it probably is.

The FDA has not approved this diet that most dieticians give two thumbs down. Without a doubt, 500 calories a day will surely cause drastic weight loss, but do we really need this hormone to help us through it? Perhaps it's mental? Perhaps the thought of a prescription medication on our side will finally allow us enough willpower to go on such a diet? Either way, I'm not a fan.

On the other hand, some people swear by it. I've been fortunate enough to meet someone who has been on this diet for about six months. Admittedly, she sure lost a lot of weight since I saw her last. She now has her husband and friends on the diet as well. Being a personal trainer, I was totally interested in everything she had to say about this new weight loss "miracle." I asked her how hard it had been to maintain the diet and she replied that it "wasn't terribly hard after the first two weeks or so." Apparently, the

HCG helped control her cravings. I, however, am always skeptical about such extreme techniques. I couldn't help but wonder if it was her stomach that shrank – a phenomenon common with low calorie diets.

Let's do the math here. A typical 150-pound female can sustain herself on about 1,800 calories per day, not counting exercise. If she were to only eat 500 calories a day she would be in a 1,300-calorie-a-day deficit. After 30 days she would have lost 39,000 calories. There are 3,500 calories in a pound of fat meaning she would have lost 11.1 pounds of fat over the course of a month.

So how can the diet claim 30 or more? One pound of fat is associated with as much as three pounds of water weight. Regardless, it's a lot of fat to lose in a month. If the drug does what it promises and preserves lean body mass under these conditions, I'd say it's a winner. However, that has yet to be proven.

Remember, this diet uses prescription hormones and should be performed under a doctor's supervision. For those who want more information, please visit [www.HCGdiet.com](http://www.HCGdiet.com).

*Derrick Inglut is a personal trainer who writes on fitness and nutrition. His website is [derrickinglut.com](http://derrickinglut.com).*

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## Look Good...Feel Better

Cancer survivors and caregivers are invited to attend the American Cancer Society's "Look Good...Feel Better" and Caregiver Workshop on Saturday, April 10, from 11 a.m. – 1 p.m. at St. Augustine's Episcopal Church, 600 M St. SW. Hosted by breast cancer survivor Thelma D. Jones and the American Cancer Society, the event serves as a pre-launch of the Southwest/Southeast American Cancer Society Breast Cancer Support Group starting in May and facilitated by Jones.

Women currently undergoing radiation and or chemotherapy can participate. Led by a volunteer cosmetologist, the program teaches women how to deal with side effects of their treatment by way of makeup. Each woman enrolled will receive

a bag of makeup donated by the Personal Care Products Council Foundation.

Caregivers interested in education and a support-group atmosphere will participate in a workshop during the "Look Good...Feel Better" session. Caregivers are defined as anyone who has helped or are helping a loved one through their ordeal with cancer.

Light refreshments will be served. To register or find for more information, please contact American Cancer Society representative Sarah. Ness@cancer.org or call (202) 483-2600 Ext. 101.

*(Thelma D. Jones contributed to this article.)*

## SAFEWAY

From p. 1

ready-to-serve meals in a matter of minutes." The new store will also feature the chain's first pizza oven.

Safeway public affairs manager Craig Muckle introduced the new management team to the community at a recent ANC meeting. Store manager Mike Bigalow comes fresh from a stint at the Brandywine Safeway. Three assistant managers will work onsite.

Eventually, there will be some 40 parking spaces in front of the store, and more parking in an underground garage, which will be validated for free for 90 minutes with a minimum \$8 purchase.

To help ease any inconvenience caused by the eight-day closure, Safeway will be operating a shuttle to its 14th Street and Kentucky Ave SE location and back to Fourth and M streets for free on Friday, April 9 and Monday April 11 at 11 a.m. returning at 2 p.m. and at 6 p.m. returning at 9 p.m. both days.

## Allen A. Flood, M.D.

### DERMATOLOGY DISEASES OF THE SKIN, HAIR AND NAILS

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*Friendship Baptist Church, Southwest cornerstone for over 125 years and new home to Jeremiah's Circle of Friends.*

## The New Lawyers on the Block: Attorneys for Those in Need

By Tarek Maassarani

Despite an economic slump that has slowed the good work of many in our community, this year ushered in the opening of the District's first Southwest-based legal and mediation clinic. Located on the premises of Friendship Baptist Church at 900 Delaware Ave. SW, Jeremiah's Circle of Friends will offer low-income residents of D.C., Maryland and Virginia a lawyer and compassionate helping hand, all at no cost. Indeed, within the first two months, JCF has already assisted a string of clients.

JCF's legal clinic handles a wide variety of legal issues including eviction, child custody, domestic violence, employment discrimination and contract dispute among others. Applicants can 202-554-4036 to initiate a brief intake interview and to schedule a follow-up appointment with an attorney or mediator. The clinic is also open for walk-in customers on Mondays from 11 a.m. to 4 p.m. and on Fridays from 1:30 p.m. to 6:30 p.m.

JCF's legal clinic is staffed by pro bono attorneys and legal assistants from Kirkland & Ellis LLP, a large law firm with a local commitment to addressing the needs of the underserved.

We are thrilled to be involved in this project and hope this offers a successful model for high-impact partnerships between community organizations and the private bar, noted Jennifer Levy, partner at Kirkland & Ellis and founding member of JCF's board of directors, a body that includes community members and attorneys

alike.

JCF offers another innovation in the provision of traditional legal services. Clients who bring their legal problems or disputes to the clinic have the option of free mediation in which a neutral arbitrator helps disputants have a conversation to work out their own problems and come to a mutually-agreeable solution. Indeed, many courts require mediation before a case is allowed to proceed to trial.

The nonprofit was born of the vision of Reverend J. Michael Little, senior pastor at Friendship Baptist Church and a graduate of the Georgetown University Law Center. Guided by his belief that none should be deprived of their essential needs, opportunities for self-fulfillment, or access to justice, JCF also hopes to provide know-your-rights workshops, affordable housing advocacy, life skills training, employment counseling, and youth development as it grows.

We are here to lend a helping hand, added Reverend Little, and as Jeremiah 27:9 reminds us seek the welfare of the city where I have sent you and pray to the Lord on its behalf, for in its welfare you will find your welfare.

In the spirit of its community-helping-community model, JCF graciously welcomes any offers for support, whether donations or volunteer time. For more information about Jeremiah's Circle of Friends on the Web, visit [www.jcfriends.org](http://www.jcfriends.org).

*Tarek Maassarani is the Program Coordinator for Jeremiah's Circle of Friends*

## Reality Check: Parking Woes

By Essita Duncan

I know the Blizzard of 2010 has given many of us the blues. Sure, we enjoyed the time off, but confinement to our homes days on end and having to shovel mountains upon mountains of snow was no walk in the park. Just when we cleared our cars and removed the snow from our sidewalks and walkways, Mother Nature seemed to dump more upon us. As winter's ups and downs have taught us, finding an unmarked parking spot while avoiding a street fight can be challenging.

As Districts residents, you are probably aware that the streets in front of your homes are public property. Anybody can park there, yet drivers across the city are marking their territory with chairs, tables, trash cans, ladders and anything they find. I have to admit it is a bit tacky, but can you blame drivers? After you have put sweat equity into digging a parking spot and maintaining it even in fair weather, why should your neighbor who has been sitting in the warm house drinking hot chocolate benefit from all your hard work?

Big brother would say anybody can park in that spot, and you can't legally claim it with household items. However, I wouldn't dare risk

moving anybody's stuff to park my car. The law would be on your side, but at what cost! No point in creating enemies or putting your property at risk over a parking spot. It is probably better to drive around a bit or park several blocks away and walk than to start World War III with your neighbor.

Despite the law and personal opinions, it has become common practice among drivers to respect a person's marked spot. Frankly, I think homeowners should have the right of first refusal to park in front of their homes, especially when they've paid the increasing property taxes. At the very least, you should expect to find a parking spot in front of your house after a long day at work. Is that too much to ask for as a homeowner in a city with limited off street parking? Maybe. Maybe not.

The facts, however, remain these: it is illegal to mark a public parking spot with objects to prevent others from using it, and it is unwise to challenge a homeowner over a preferred spot.

*This does not constitute legal advice and does not establish an attorney-client relationship. Essita Duncan is an attorney in private practice who can be contacted at [eduncan@duncandefense.com](mailto:eduncan@duncandefense.com).*

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## St. Augustine's Grounds for Discussion Presents "A New Look at International Relief and Development"

By Elaine Graves

Carolyn Hall, nursing coordinator at the Global AIDS Program and member of The United States President's Emergency Plan for AIDS Relief (PEPFAR), will discuss her views on the most successful international relief and development practices during a St. Augustine's Grounds for Discussion program at 11 a.m. on Sunday, March 28, at St. Augustine's Episcopal Church, 600 M St. SW. The event begins with light refreshments and an audience Q&A follows the presentation.

At PEPFAR, she is part of a team that addresses the need for well-trained healthcare professionals, works with a care-and-treatment program implemented in 10 countries, and provides guidance in the development of country level HIV/AIDS plans.

Her prior work experience includes nursing care in a community-based nutrition program, an in-patient HIV/AIDS unit in New York City, and the establishment of a health-training program in Trinidad and Tobago. She provided direct nursing care in the rural areas

of the Dominican Republic and Zimbabwe. Throughout her career, she has also worked to guide program development in Tanzania, Zambia, Namibia and Uganda.

Carolyn earned her Masters of Science in Community Health Nursing and a Masters of Public Health from City University of New York (CUNY) at the Hunter-Bellevue School of Nursing. She is also an AIDS Certified Registered Nurse (ACRN). She received her Bachelor of Science in nursing from Creighton University in Omaha, Nebraska.

She, her husband Russ McFarlane and their three young children are Southwesters and parishioners at St. Augustine's.

Grounds for Discussion is a community speaker forum offered by the church on the last Sunday of each month from 11 a.m. to noon. It focuses on local, national and global issues that challenge us both as citizens and people of faith, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Guest speakers will include writers, educators, and civic and church leaders.

## King Rib Barbeque



Curled of barbeque smoke rise up these spring days near St. Augustine's Church on Sixth and M streets from Everett Buchanan's red wagon. From Thursday to Sunday of every week, Buchanan grills and smokes meat to sell for lunch and dinner. Buchanan is a former resident of old Southwest, having grown up quite near the area his cart now occupies. He got his culinary start working benefits for local housing projects and jazz festivals. Ribs, steaks, half chickens, turkey thighs, and kielbasa are cooked freshly from 10 a.m. to 6 p.m. and sold right from the grill with a baked potato on the side.

## Census Forms Mailed Out

The United States Census Bureau mailed out the official 2010 Census form to all residents on March 15. The Bureau has been advertising in a variety of media to stress the importance of the census for proper distribution of tax funded services and accurate representation in government.

The answers are confidential. There is no need to think that the information will be shared with any other government agency, since this would be illegal. The form is very easy to fill out, and can be done by the head of household for all members. There are only ten questions to answer. Please remember to mail the form back-postage prepaid—no need for a stamp—by April 1, 2010.



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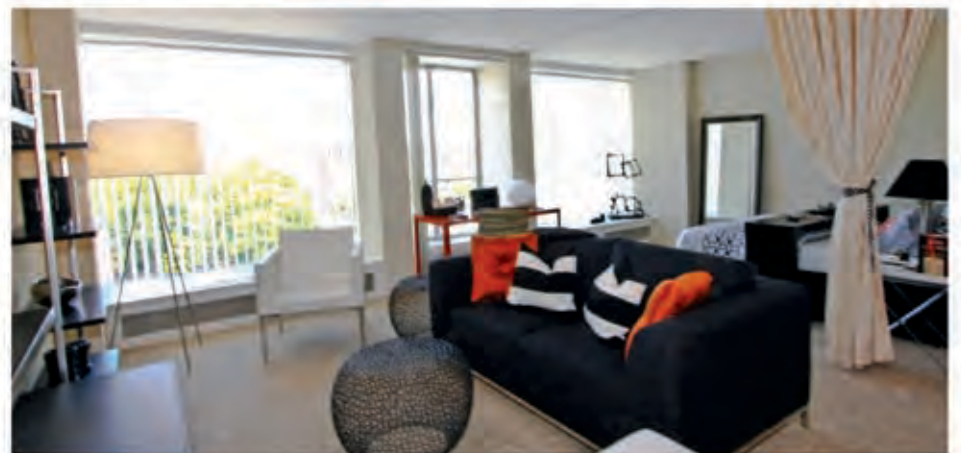
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# Southwest, Home of the Cherry Blossoms and Focal Point for Festival

By The Southwester Staff

**D**ozens of canoes graced with glowing lanterns rowed down the Potomac in a regatta to celebrate the very first Cherry Blossom Festival in Washington, D.C. in 1927. Diana Mayhew, president of the National Cherry Blossom Festival, recently uncovered a period letter describing the event. Only 13 years after the mayor of Tokyo presented 3,000 Yoshino and other cherry trees to First Lady Helen Herron Taft, the city decided that the gift was worth a celebration. The tradition survives to this day, and for the past 14 years, has evolved into a two-week annual extravaganza of spring events.

Organized by the National Cherry Blossom Festival, Inc., Mayhew says the celebrations this year will “showcase traditional events, while we also look for new audiences.” In fact, The Pink Line Project is producing the Cherry Blast for a younger crowd, an evening of contemporary art and music in Adams Morgan. But this is just a small taste: the Festival promotes and produces a 16-day celebration in the city all centered on a national treasure – the cherry trees.

Southwest is home to the majority of the trees, and the neighborhood takes them seriously. Organizations such as the Washington Waterfront Association and local businesses such as Safeway have worked hard to keep a premier event—the fireworks and the prelude



enjoy the fireworks display at the Southwest Waterfront.

The games are as follows: April 3 at 4:05 p.m., an exhibition game against the Boston Red Sox. April 7 at 7:05 p.m. against the Philadelphia Phillies, and April 8 at 7:35 p.m. against the Phillies.

## Plant a Tree. Make History

For the past few years, the Cherry Blossom Festival has sponsored a Neighborhood Tree Planting Program to bring the joy of the spring blooms to all eight wards of the District. The Festival is planning on increasing this effort to mark the 100<sup>th</sup> anniversary of the gift of the trees in 2012. Southwest, currently in the crosshairs of unprecedented development, is the perfect place to serve as a focal point for new plantings. Trees are a community benefit that reaches all residents. The idea of cherry trees on Hains Point and around the Tidal Basin, extending into Southwest's residential and business areas, and gracing the new Waterfront is close to this editor's heart. I will be personally involved in this effort and will report further on it in the near future. [Ed.]

## Some Interesting Events

The National Cherry Blossom Festival offers scores of events to celebrate the springtime bloom. Here are a few we found particularly interesting:

### ■ DC Cruises: Blossoms River Tours & Cruises

Leaving from Southwest's own Washington Marina, various boat tours will bring passengers to see the very best view of the blooming trees. Call 202 470 2670 for information.

### ■ U.S. National Arboretum: Beyond the Tidal Basin: Introducing Other Great Flowering Cherries

A self guided tour of the Arboretum's flowering species. Free of charge. Located at 3501 New York Ave. NE.

### ■ Bike and Roll Alexandria: Blossoms by Bike and River Ride

A new event for 2010, it's a three-hour ride along the Mt. Vernon Trail starting at Old Town. Call to reserve a spot 703 548 7655.

*Continued on Next Page*



viding information, food offerings and self-guided tours books. Park Rangers and volunteers will be on staff here.

This year, the fireworks and prelude, presented by Safeway and the Examiner, will take place on Saturday, April 3. Also supporting the happening are Southwest's own Entertainment Cruises, Phillips Flagship, MSI, and Hoffman Struener Waterfront, LLC. Radio's BIG100.3 will be the official media partner.

Last year, Southwest dedicated 11 call boxes to past years' festival art. The boxes have become a high standard of art and concept of D.C. Cultural Tourism's Art on Call project to restore the small historic street antiques.

Barbara Ehrlich, a longtime Southwester, has been a member of the Festival Committee since 1991 and has been on the Festival Board since 1995. Her focus has been to encourage more events in Southwest due to the great abundance of trees in the quadrant and her love for the community.

“Southwest is a wonderful place for festivals and fireworks. We should do it more often than once a year,” Ehrlich told us.

## Blossoms and Baseball

The Washington Nationals are joining in on the celebration by holding special field programming at each of three games at Nationals Park in Capitol Riverfront.

When the park was built, cherry trees were prominently incorporated in the garden design both inside and outside the structure. So far, they are the only such plantings in Capitol Riverfront.

A percentage of the ticket sales for games on April 3, 7 and 8 will go to benefit the Festival. After the first of these games, fans will be encouraged to walk a few blocks to



entertainment – within Southwest. Mayhew considers the quadrant a great venue for this event, since community support, the backdrop of the trees on Hains Point, and the proximity to the Tidal Basin make our area the ideal venue.

The National Park Service will close off the paddle boat parking lot by the staging area at the Tidal Basin (a short walk for us Southwesters) to free up space for tents pro-





#### ■ The 44<sup>th</sup> Annual Smithsonian Kite Festival

Hands-on kite flying and performances to celebrate spring Japanese-style. March 27 at Constitution Avenue and 17th Street NW.

#### ■ United States Botanical Garden: Samurai Orchids and Other Japanese Orchid Treasures

For the flower lovers, Jason Fischer explores the world of orchids in Japanese culture. Wednesday, March 31 at 100 Maryland Ave. SW. Registration required. Call 202-255-1116.

#### ■ Washington Walks: The Blossoms Secrets Stroll

Mondays and Fridays during the Festival from 10 a.m. to 2 p.m. and weekends 2 p.m. to 4 p.m. Meet at Smithsonian Metro Station for a walking tour highlighting the history of the trees in D.C.

#### ■ 23<sup>rd</sup> Annual George Washington University Crew Invitational

Best viewed from Georgetown Waterfront NW. Free to spectators. April 9-10, 8 a.m. to 6 p.m.

#### ■ National Cherry Blossom Parade

50<sup>th</sup> Sakura Matsuri – Japanese Street Festival

The parade is from 10 a.m. to noon, and the festival from 11 a.m. – 6 p.m. Constitution Avenue in Northwest.

For complete event information, see [www.nationalcherryblossomfestival.org](http://www.nationalcherryblossomfestival.org) While some events are free, others require payment.



# National Cherry Blossom Festival

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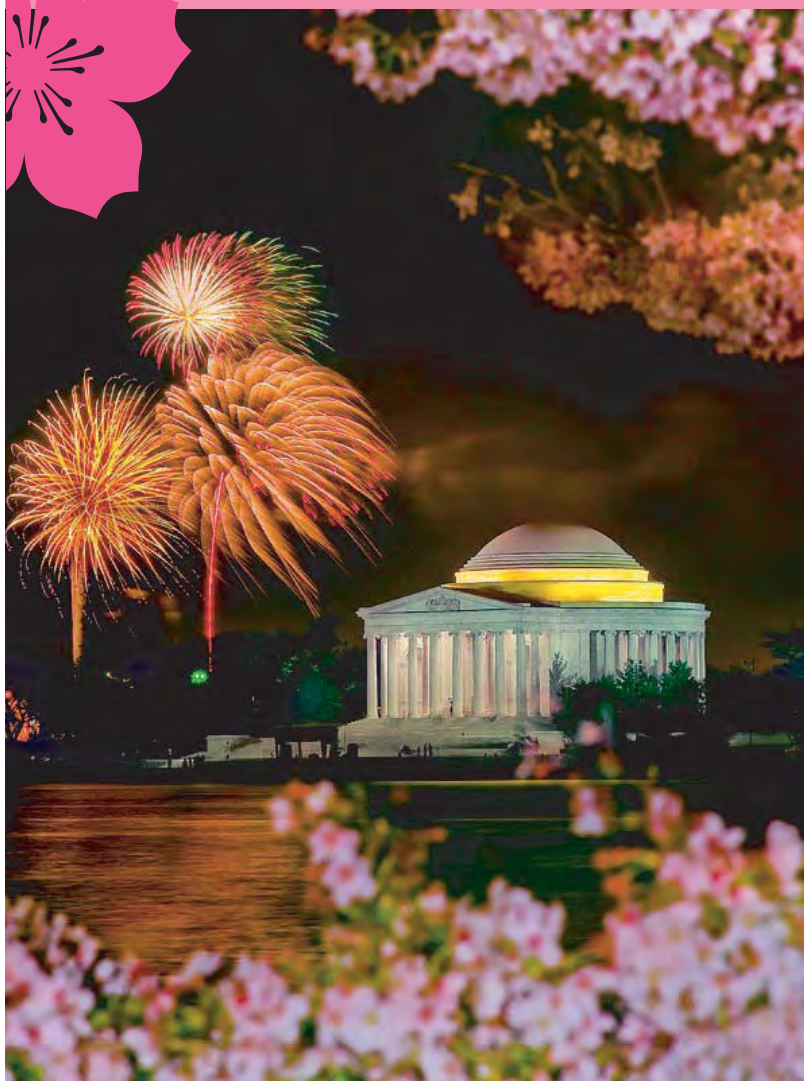
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By Matthew Bevilacqua

For garden enthusiasts, springtime in the District brings the opportunity to acquire and appreciate the many blossoming trees, both native and foreign, that flourish in our area's climate. Matthew Roberts of Southeast nursery Ginkgo Gardens stopped by to recommend his favorite seasonal trees and give advice on their upkeep.

We're all familiar with the cherry blossom, that nearly 100-year-old gift from Japan now gracing our city to the delight of locals and tourists alike. But many cannot distinguish between the at least six different types of cherry blossom, all of which are available for individual ownership.

The Yoshino is the most recognizable, growing around the tidal basin and Hains Point each year, keeping the whole city anxious to find out when it will peak. But other versions offer nuanced shapes, colors, and even growing periods. The Kwanzan, for instance, blooms three weeks after the Yoshino and boasts larger, darker pink flowers that hang down and "look like cheerleader pompoms." Should you wish to see blossoms six months from now, the Autumnalis blooms in the fall. Other types of cherries include the sargent, higan and cultivar.

And cherry blossoms are not the only fruit trees coming of age this season. Plums are often mistaken for cherries, but show up 1-2 weeks

# Beyond Cherries



Bright bold blooms of the Japanese Magnolia

earlier displaying their dark pink petals. Peaches make their appearance, as do pears, the largest of the fruit blossoms with pure white orbs like "balls of popcorn." If this sounds attractive, make sure to avoid buying the Bradford Pear, which grow a weak vertical branch structure that collapses by middle-age (think of all the fallen branches we saw after last month's snowstorms). Instead seek out the more reliable Callary or Cleveland Select varieties.

Up until its zenith, the Japanese Magnolia keeps its flowers protected from the cold using a fuzzy sepal shield. As soon as the warm weather arrives this opens, thereafter emitting a sweet, powerful fragrance. One tree of either variation – the hand-sized, bulb-shaped saucer magnolia or finger-thin, celestial-patterned star magnolia – could scent an entire backyard.

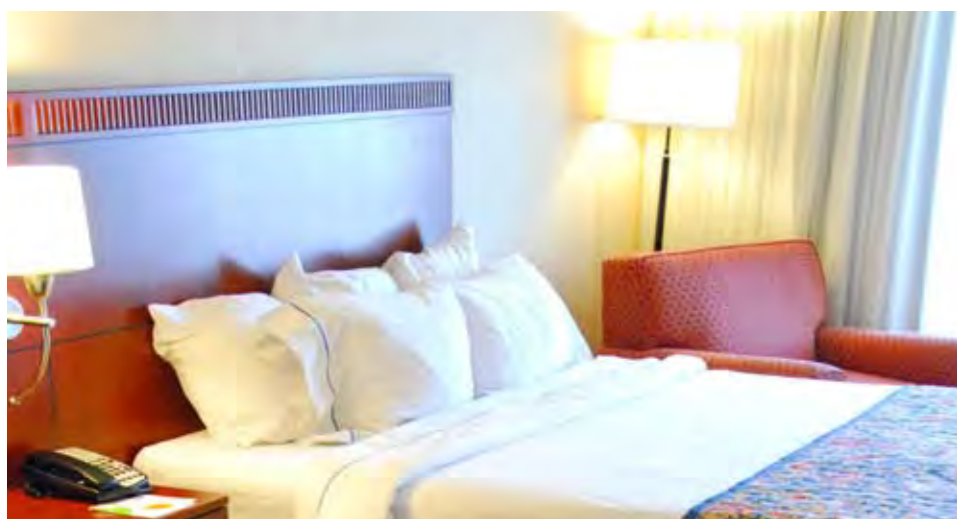
All the aforementioned trees come in small-medium sizes and prefer direct sunlight, but some gorgeous native trees can hold their own in shady locations. For instance, the Redbud features tiny magenta flowers that "wrap around the branches like purple Christmas lights." When up against the dark gray bark and pale green leaves, this makes for a pretty color combination. Flowers also come in white.

The Dogwood is slightly larger, comes from a more harrowing past. Various afflictions nearly wiped out native Dogwoods, but through breeding programs at Rutgers University and elsewhere, newer disease-resistant cultivars have become available. Look for trees with "Rut" or "Cherokee" in their names for a dependable purchase.

If you opt for edible fruits, look into the Service Berry. With small, white, delicate flowers in its branches, it soon grows bright red berries that can be made into jam or function as birdfeeders (its utilitarian nature earned its name).

Soon after the first flush of blossoms, you can see crab apples, shaded white and soft pink, pop up along Pennsylvania Avenue in Southeast. Unfortunately, the snowfall all but destroyed their ancient counterparts in front of the Kennedy Center this year. New ones will be planted in their stead, but if you ache for a pretty arbor in the meantime, head over to the Japanese lantern near the Jefferson Memorial to find two specimens of Horse Chestnuts, also known as Ohio Buckeyes. Their enormous pagoda-shaped blossoms in white and dusty pink, hanging above pale-green leaves, are harvestable. You can roast them next fall.

*Matthew Roberts is a master gardener on staff at Ginkgo Gardens, 911 11th St. SE. This article is first in a series. Next week, Roberts will divulge all the information you need on springtime shrubbery.*



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## Arts and Culture

# Mother/Daughter Artist Duo to Appear April 7 at St. Augustine's Art & Spirit Coffeehouse

By Elaine Graves

St. Augustine's Art & Spirit Coffeehouse presents a mother/daughter artist team for the first time, Charlotte Fox and her daughter Charneice Fox, appearing Wednesday, April 7 at 7 p.m. at St. Augustine's Episcopal Church, 600 M St. SW. The free evening includes coffee and desserts, followed by a Q & A with the audience, facilitated by Michael Mack.

Both women identify themselves as the daughter and granddaughter of a West Virginia coal miner. Charlotte Fox, a Southwester and St. Augustine parishioner, is an entrepreneur and a self-described grassroots community leader, activist, and political campaigner with a passion for music and poetry, all of which she has passed on to her daughter. Charlotte is president of Genesis Poets LLC and Genesis Poets Music, Inc., an independent record label in Washington, D.C., which she co-founded with her daughter.

Under Charlotte's leadership, Genesis Poets, LLC is responsible for the creation, production and innovative digital distribution of Spoken Word Music/Poetry to a nationwide audience. Spoken word music made its debut on Music Choice, the premier, multi-platform music network, which aired three times weekly to over 44 million households nationwide. It featured a blending of poetry and music, and was heard on Comcast, Direct TV, Time Warner and Cablevision. In 2005, they signed a worldwide pressing and distribution deal with Malaco Music Group of Jackson, Miss.

In July of 2005, they released the first spoken word music CD on the Genesis Poets Music label, entitled "Fusion: A Blend Of



Charneice Fox, left, hugs her mother, Charlotte Fox.

Poetry and Music." The CD features 18 of the country's "hottest" spoken word artists, including poet/actor Malcolm-Jamal Warner, Tony Award winner Poetri, and Charneice's "Soundtracks."

Charneice Fox is a poet and artist manager for Genesis Poets and a producer and CEO of Straight, No Chaser Productions, emphasizing community films and youth workshops. One of their films, "Multitude of Mercies," about a black church creating an AIDS ministry, won the 2005 POP award from Cable Positive TV for outstanding programming.

Her poetry has been published in the Campaign to End AIDS Anthology, Growing Up Girl, A & U Magazine and the D.C. Scene on NBC4.com.

Charneice has appeared on stage with Last Poets member Abiodun Oyewole, urban artist Dwele and poet Malcolm-Jamal Warner. She has also opened for R&B recording artist Pebo Bryson and jazz singer Maysa.

For the past eight years the mother and daughter team have produced the Annual DC Poetry Festival at the Carter Barron Amphitheater. Last year, this annual festival brought to the Carter Barron, Gil Scott-Heron and The Last Poets. This year the DC Poetry Festival will be held on August 27 at 7:30 p.m.

The Southwest Episcopal Church's Art & Spirit Coffeehouse series opens on the first Wednesday of each month to showcase local artists in their various media as they perform and share how their faith, art and social worldview intersect, according to the Rev. Martha Clark, priest-in-charge at St. Augustine's. Donations will be accepted to help provide honorariums for the guest artists. Contact rector@staugustinesdc.org, 202-554-3222 or visit www.staugustinesdc.org for further information.

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My Africa of great leadership

## Poet Margaret H. Oliver, Southwester, Pursues her Lifelong Love of Words

By Elaine Graves

Margaret H. Oliver had her first poem published at age 12 in North Carolina's News & Observer newspaper. Thus began her lifelong joy of writing poetry and love letters throughout junior high, high school and two years of military service in the Women's Army Corps at the Presidio of San Francisco.

She self-published six books of her verse during her last few years before she retired from the postal headquarters at L'Enfant Plaza. She also recorded cassette tapes of herself reading her original writings.

Margaret describes herself as a people's poet and as a conversational poet. Her poems speak about life in general, personalities, people, relationships, emotions, and any subject that inspires her to write.

In a smooth, effortless, unique style that, she interprets the world as she sees it in an easily understood and unhurried mode.

Margaret enjoys reading her work aloud, whether she is on radio or TV or in front of audiences at the Smithsonian Institution, churches or various organizations throughout the area. Recently, she participated in a Black History Month program at Southwest's River Park Co-op where she's resided for 25 years.

Today, she is working on her seventh book and is always ready to offer advice and encouragement to aspiring poets. She is often asked to

write poems in honor of a person's birthday or as a tribute for a memorial program.

### *Spring Love*

I know it must be spring  
When that look comes into their eyes  
When their faces fill with grins  
When their voices fill with sighs

They hold onto each other's hands  
Everywhere they go.  
For him she is heaven-sent  
For her, he is a perfect hero

Everything in Mother Nature  
Authenticates their plight  
Fish become couples in ponds  
Birds become couples in flight

With all these signs of love  
So apparent all about  
Why don't I feel a tingle?  
I even feel left out

Can it be that spring fever  
No longer applies to me  
Because my love is sixty-four  
And I am sixty-three

*From "My Best Yet: A Collection of New Poems"*  
© 1999 by Margaret H. Oliver



## Spiritual Life

# Local Services of Easter Season

**St. Dominic Catholic Parish**

603 E St. SW

**Holy Week**

**Sun., Mar. 28** - Passion (Palm) Sunday  
Commemoration of the Lord's Entrance  
into Jerusalem

Blessing and distribution of palms at each  
Mass

**Sat., Mar. 27, 5:15 p.m.** Mass with Simple  
Entrance

**Sun., Mar. 28, 8 a.m.** Mass with Simple  
Entrance

**10:45 a.m.** Mass with Solemn Entrance

**12:15 p.m.** Spanish Simple Entrance

**5:15 p.m.** Mass with Simple Entrance

**Mon., Mar. 29, 8 a.m. & 12:10 p.m.** -  
Mass

7:30 PM Mass with Anointing of the sick

**Tues. & Wed., March 30 & 31, 8 a.m. &  
12:10 p.m.** - Mass

**Sacrament of Reconciliation**

**Mon. - Fri., Mar. 29 - Apr. 2, 11:55 a.m.;**

**Sat., Apr. 3, 4:30 p.m.**

**Holy Triduum**

**Thurs., Apr. 1** - Holy Thursday

**7:30 p.m.** Evening Mass of the Lord's  
Supper

Adoration until 10 p.m.

**Fri., Apr. 2 Good Friday**

**12:15 p.m. Stations of the Cross**

**3 p.m.** Celebration of the Lord's Passion

**Sat., Apr. 3 Holy Saturday**

**9 a.m.** Tenebrae: Office of Readings and  
Morning Prayer

**7:30 p.m.**, The Great Vigil of Easter

**Sun, Apr. 4 Easter Sunday**

**8 a.m.** Mass at Dawn

**10:45 a.m.** Festive Mass of Easter

**12:15 p.m.** Spanish

*Continued on Page 13*


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*"Come explore the Holy  
Spirit in a new class I'm  
starting on Sunday, April 11,  
9:30 a.m."* Parish Partner

**Rev. Harry Stock**

*"Harry really has the gift of  
teaching."*—class member

**Celebrate!  
Easter April 4  
Breakfast 10am  
Festival Worship 11  
Children's Egg Hunt 12**

Revs. Ruth & Brian Hamilton, Pastors  
400 I St SW [www.westminsterdc.org](http://www.westminsterdc.org)

## Neighborhood Religious Services

**Galilee A.M.E. Church**

Worshipping at St. Augustine's  
Episcopal Church, 600 M St. SW  
(202) 258-6812

**Sunday:** 2 p.m.

**Wednesday:** Bible Study 7:30 p.m.

**Bethel Pentecostal Tabernacle  
of the Assemblies of God**

60 I St. SW • (202) 484-3184  
Pastor Robert Carter

**Sunday:** 10:45 a.m.; Friday: Prayer  
and Bible Study: 8 p.m.

**Carron Baptist Church**

1354 First St., SW • (202) 484-3172

**Sunday:** 11 a.m.

**Tuesday:** Noon Day Prayer, 7:30 p.m.  
Bible Study

**Friendship Baptist Church**

900 Delaware Ave. SW  
(202) 488-7417

**Sunday:** 11 a.m.

**Riverside Baptist Church**

Seventh St. and Maine Avenue SW  
(202) 554-4330

**Pastor** Michael Bledsoe,  
[pstrbled@comcast.net](mailto:pstrbled@comcast.net)

**Sunday:** 10 a.m. with Bible Study  
at 9 a.m.

**St. Matthew's Baptist Church**

1105 New Jersey Ave. SE  
(202) 488-7298

Rev. Dr. Maxwell M. Washington, Pastor  
Email: [pastor@stmatthewsbaptist.com](mailto:pastor@stmatthewsbaptist.com)

**Sunday:** 8 a.m. Sunday School;  
9:05 a.m. Worship Service

**Tuesday:** 7 p.m. Prayer Meeting &  
Bible Study

**Second Baptist Church**

1200 Canal St. SW • (202) 484-3112  
Reverend James Jones

Reverend Carl V. Messiah  
[sbcsw@aol.com](mailto:sbcsw@aol.com)

**Sunday:** 8 a.m. and 10:45 a.m.

**Wednesday:** Prayer Meeting 7 p.m.

**3rd Sundays:** 10:45 a.m. only, Unity  
Sunday

**Second Union Baptist Church**

1107 Delaware Ave. SW  
(202) 484-7012

**Sunday:** 9:30 a.m. Sunday School,  
10:45 a.m. Worship

**Wednesday:** Noon Day Prayer, 3:30  
p.m. Senior Bible Study (Greenleaf),  
7:30 p.m. Prayer & Bible Study

**St. Dominic Catholic Parish**

603 E St. SW • (202) 554-7863  
Father Gregory Salomone, O.P., [fathergreg@speakeasy.net](mailto:fathergreg@speakeasy.net)  
Denise Marshall, Parish Receptionist  
& Admin. Asst., [receptionist@st-dominic-church.org](mailto:receptionist@st-dominic-church.org)

**St. Vincent de Paul Catholic Church**

14 M St. SE • (202) 488-1354

**Sunday:** 8 a.m.

**Mon., Tues., Thur., Fri.:** 12:10 p.m.

**St. Augustine's Episcopal Church**

600 M St. SW • (202) 554-3222  
Rev. Martha Clark  
[marthakclark@yahoo.com](mailto:marthakclark@yahoo.com)

**Sunday:** 9:30 a.m.

**Tuesday:** 6:30 p.m. Evening Prayer

**Saturday:** 5:15 p.m.; Sunday 8 a.m.,  
10:45 a.m., 12:15 p.m. (Spanish),  
and 5:15 p.m.

**Weekdays:** 8 a.m. and 12:10 p.m.

**Sacrament of Reconciliation:**  
weekdays, 11:55 a.m., 4:30 p.m.

**St. Matthew's Lutheran Church**

Worshipping at First Trinity Lutheran  
Church, 501 Fourth St. NW

at Judiciary Square  
(410) 375-5053 (cell)

Pastor Phillip Huber

[pchuber@hughes.net](mailto:pchuber@hughes.net)

**Sunday:** 10:30 a.m.

**Wednesday:** 6:45 p.m. Sing & Rejoice

**Thursday:** 6 p.m.: Bread and Soup,  
6:45 p.m. Evening Prayer

**Christ United Methodist Church**

900 Fourth St. SW • (202) 554-9117  
Rev. Adrienne Terry

[ChristUMCDC@yahoo.com](mailto:ChristUMCDC@yahoo.com)

**Sunday:** 10 a.m.

**Thursday:** 12 noon & 6:30 p.m.,  
Bible Study

**Westminster Presbyterian Church**

400 I St. SW • (202) 484-7700  
Ruth or Bryan Hamilton

Sunny Simmons, Project Admin

[sunny@westminsterdc.org](mailto:sunny@westminsterdc.org)

**Sunday:** 11 a.m.

## St. Augustine's Episcopal Church

600 M Street SW • (202) 554-3222

Rev. Martha Clark

*Please Join Us for Easter Services*

**Palm Sunday -**

**Sunday, March 28 at 9:30 am**

**Service of Holy Eucharist** with  
blessing and procession of palms;  
reading of the Passion Narrative;  
Sacrament of Healing & special  
music.

**Holy Tuesday -**

**Tuesday, March 30 at 6:30 pm**

**Service of Evening Prayer** followed  
by **Lectio Divina and Centering  
Prayer** at 7 pm.

**Maundy Thursday -**

**Thursday, April 1 at 7 pm**

**Evening Meal** with Service of Holy  
Eucharist & Sacrament of Foot-  
washing; Stripping of the Altar.

**Good Friday -**

**Friday, April 2 at 12 pm**

Service of the Three Hours:

■ **12 pm: Stations of the Cross**

with special music, Stabat  
Mater by Pergolesi, performed  
by SW Chamber Players, Joyce

Bouvier, Harley Sponagle, Emily  
Toll & David Ehrlich.

■ **1 pm: Dramatized reading of  
St. John's Passion Narrative**

■ **2 pm: Adoration of the Cross**

**Holy Saturday -**

**Saturday, April 3 at 9 pm**

**The Great Vigil of Easter** Candle-  
light Service with lighting of  
Paschal Fire, Proclamation of  
Redemption History & First  
Eucharist of Easter. Special music.

**Easter Sunday -**

**Sunday, April 4 at 10 am**

**Festival Holy Eucharist** with special  
Easter music, followed by recep-  
tion & Easter Egg Hunt.





# Easter Services

From p. 12

## St. Matthew's Lutheran Church

Worshipping at First Trinity Lutheran Church  
501 Fourth St., NW

### Holy Week

**Sun., Mar. 28, 10:30 a.m.** Palm Sunday Procession/Worship

**Thurs., Apr. 1, 7:30 p.m.** Maundy Thursday-joint service with First Congregational Church of Christ

**Fri., Apr. 2, 12:15 p.m.** Good Friday 7:30 p.m. Joint Service with Our Redeemer Lutheran Church at First Trinity

**Sun., Apr. 4, 10:30 a.m** Easter Sunday Festival Service; Pancake breakfast to follow

## St. Vincent De Paul Catholic Church

14 M St. SE  
**Sat., Apr. 3, 7 p.m.** Easter Vigil Mass  
**Sun., Apr. 4, 8 a.m.** Easter Sunday Mass

## Westminster Presbyterian Church

400 I St. SW

**Sun., Mar. 28, 11 a.m.,** Palm Sunday Blue Monday Blues 6 p.m. - 9 p.m., \$5.00  
Wellness Wednesdays 4 p.m.-5 p.m.\*  
Seated Yoga; 5:30 p.m. - 6:30 p.m.  
Laughter Yoga; 6:45 p.m. - 8 p.m., Sampoorna Yoga  
**Thurs., Apr. 1, 7:30 p.m.** Maundy Thursday Communion

**Fri., Apr. 2, 6 p.m.- 9 p.m.** Good Friday Jazz , \$5.00

**Sun., Apr. 4, 10 a.m.,** Continental Breakfast, 11 a.m. Easter Festival Service,



12:30 p.m. Children's Egg Hunt  
\*Following March 24, seated yoga session changes to 4 - 5 p.m. from its current 2:30 hour.

## Christ United Methodist Church

900 Fourth St. SW

**Sun., Mar. 28, 10 a.m.** Palm Sunday Service

**Thurs., Apr. 1, 6:30 p.m.** Soup & Salad, 7:30 p.m. Holy Thursday Service

**Sun., Apr. 4, 10 a.m.** Choir and Members Easter Service

**Sat., April 17, 9 a.m. - 11 a.m.** Men's Breakfast, \$5.00

## St. Matthew's Baptist Church

1105 New Jersey Ave. SE

**Fri., Apr. 2, 12 noon - 3 p.m.** Good Friday Service at Carron Baptist Church, 1354 First St. SW

**Tues., Apr. 13 through Thurs., Apr. 15, 6:45 p.m.** Annual Revival. Park at Third & K streets SE

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## Kids and Schools

# Amidon-Bowen Students Are Ready For Spring Reading

By Meg Brinkman

Although reading is an everyday emphasis at Amidon-Bowen High Tech Campus, it got a special boost March 22, just in time for Spring Break which begins March 29. Each child took home two books chosen for their grade level. That's 744 books! The sponsors who made this possible were The Heart of America Foundation and Mandarin Oriental Washington D.C.

Erich Hoshbach, director for public rela-

tions for Mandarin Hotel, recounts the beginning of their association with Hearts of America as starting with their major fundraiser Sweet Charity, a fabulous Chocolate Fashion show that has been hosted at the hotel for the past four years. This year's event will be on June 21, 2010. (Visit: <http://www.hear-tofamerica.org/sweetcharity/index.html> for more information).

Hoshbach, Tiffany Gannon, Julie Chenevert and Jessica Pahler from Mandarin read to classes PreK through grade 5, and distributed

books to each student.

The Heart of America Foundation, a national nonprofit headquartered in Washington, D.C., focuses on providing children the basic tool for reading: the book. Since 1997 they have given over 1.8 million books to at-risk children through a program that gives volunteers the opportunity to teach children that helping others is helping themselves. Sara Muelbauer, Alison Wexler, Maria Kovar and Carlamae Chavez from Heart of America, read to the classes and distributed books.

Heart of America's Volunteers program is co-sponsored by Capital One, the Founding Partner; National Education Association; WTOP 103.5FM; Target; Albert Uster Imports; National Association of Secondary School Principals; Communities in Schools; Toyota; Jane Goodall Institute; Rally Jacksonville; National Council of Negro Women, Inc.; Reach Out and Read National Center. Together they have served over 1 million hours giving back to the community.



Tiffany Gannon, A Mandarin Hotel volunteer, holds Ms Hays' PreK class in rapt attention.



Alison Wexler, Heart of America Resource Specialist, reads to Ms Haliburton's 5th grade.



## Amidon-Bowen Elementary School Students With Perfect Attendance For The Months Of January And February, 2010

\*Names of students who had perfect attendance in January and February

### Pre-Kindergarten

Danesha Clark  
Kimmirah Cooke  
Dairre Roberts\*  
Deijah Smith  
Mylikah Sullivan  
Lae-onna Tony\*

### Kindergarten

Joshua Carroll\*  
Tyrone Coleman  
Makai Delaney  
Jordan Flowers  
Cody Johnson  
D'mar Roberts\*  
Kenniya Bowman  
Da'Quan Miller\*  
Jaden Chapman  
Tyauna Gray  
Tywaun Wills  
Anthony Cooke  
Daneayah Briggs  
Snai Lee  
Derrick Moss  
Jabri Williams\*  
Tinowonga Zulu

Anastasia Smith  
Jamar Lewis  
Nia Fantroy  
Oscar Smith  
Demarco Gorham  
Jaylyn Jenkins  
Albert Gordon  
Jabari Champion

### First Grade

O'Shan Carroll  
Troy Alston, Jr  
Quantae Robinson\*  
Nevaeh Edwards  
Triana Alston  
Murkil Copeland  
Naylah Sebo  
Roneisha Turner

### Second Grade

Kevon Scott  
Phillip Thomas  
A'Adyah Melton  
Dajuan Miller  
Jennifer Zhou\*  
Khalil Warren\*  
Dyiamond McDowney  
Michael Crawford  
Jamari Lucas

### Third Grade

Chinwe Melifonwu  
Tyeshia Hines\*  
Jamya Williams\*  
Noble Watkins\*  
Darrius Buchanan  
Shomari Edwards  
Davon Haney  
Aaliyah Wilkinson  
Patrick Watkins\*  
Jonovan Smith  
Alejandra Carillo-Iraheta  
Markell Howard  
Robert Freeman

### Fourth Grade

Michael Owens  
Tyree Taylor  
Tywon Scott  
Tahira Mesa  
Javeonte' Harvey  
Stephen Williams  
Sean Palmer  
Aunterio Venters  
Carlos Greene  
Aliya Solomon  
Jada Williams  
Johonn Matthews  
Marc Davis  
Gary Robinson, Jr

Natori White  
Richard Davis  
Malick Sebo  
Tywon Scott  
Edugwu Agada  
Adelrahman Adbdelghany  
Michael Baxter  
Carlos Green\*  
Malik Lawson

### Fifth Grade

TySean Brown\*  
Ronyae' Bellamy  
A'mon Barnes  
Malik Brown\*  
Nadiya Cofield\*  
Ja'Quan Coates  
A'Mee Barnes  
Zion Celey  
Mikheal Wise  
Jeffery Crawford\*  
Wyatt Settles  
Kyree Jenkins  
Sharika Hester-Scott  
Brandon Webster\*  
Elijah Washington\*  
Asia Spencer  
Tyron Moss  
Lexus Clyburn  
Amari McFadden  
Justin McFadden

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- Wednesday, March 17th 9:30 - 11:00 am
- Wednesday, April 14th 9:30 - 11:00 am
- Wednesday, May 12th 9:30 - 11:00 am

Pre-applications will be accepted through March 26, 2010

If required, a public lottery will be held Thursday, April 8th, 2010

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## Sports in the Neighborhood

# Baseball Gives Hope to Former Southwester Resident

The red autographed Nationals hats once sat in the living room, proudly displayed like gold medals. They were as good as trophies to former Southwest resident Donna Townes. That's why she made sure everyone could see them, and especially appreciate the signature of John Lannan's her favorite Nationals pitcher.

She wasn't blatantly showing them off. She just wanted to make sure you knew she had them.

Townes got Lannan's autograph while working the concession stands at Nationals Park. When she works, she is always ready with her pen and hat handy in case a player walks the concourse.

"It is great that they brought baseball back to D.C.," Townes said. "I haven't missed a game at Nationals Park. It has to be an emergency for me to miss a game. I won't miss a game."

She won't miss a game in 2010 either, because she doesn't want to miss the opportunity to get another Lannan autograph to replace her old collection.

It's not that she wants to replace them for better hats, it just that she doesn't have them anymore. She lost them. And not just her memorabilia—that would be an easy pill to swallow—but everything she owned.

Townes lost her apartment on P and Second streets SW by Fort McNair to a fire in October. All of her valuables were gone. Her furniture



turned into ashes. Her Nationals memorabilia—her signed hats and every issue of *Nationals Inside Pitch*—went up in smoke like a magic trick gone bad.

For everything apartment fires do—destruction being the most obvious—they do not discriminate. They don't care who you are, where you live, or what your valuables are worth. All they ask for is a spark and a little fuel. They take

everything in their path, asking zero questions and wasting little time. They engulf and gut apartments before you know what happened, leaving a lifetime of memories and valuables destroyed in minutes.

Time usually provides relief and gives a better perspective on the past. It has done that for Townes. She has remained strong and says she feels blessed. Townes and her 14-year-old

daughter Danielle weren't hurt and relocated to Northwest D.C., near Howard University.

It has been a tumultuous offseason for her, but she can't wait to return to the park.

"I know it's going to be okay," Townes said. "I have been taking it easy. I started to watch some movies, read some books. I have spent a lot of time with my daughter."

She is a resilient, caring and compassionate person who will treat you like family the first time you meet her. She loves baseball, the Nationals and feels like a kid at Christmas every time she works a game. Don't ask her for her age. She keeps it protected like Fort Knox. She knows what really matters is her and her daughter's health and she can always replace the material items.

"Right, right, right. That's true," Townes said. "But once I was safe I was like 'grrrrr.' I used to wear the hat while I worked and fans always asked, 'Who signed your hat?' and when I told them it was John Lannan, they said 'That's going to be a good hat in a few years.'"

She always thought it was great and that's why she made sure you knew she had it. She may have lost her apartment, but the fire couldn't take her spirit.

"I will see John Lannan again," she said. "You can count on it that I will be looking for him."

You too can count on seeing him every fifth day at Nationals Park this summer.

## Sailing in the Nation's Capital

By Blair Overman and Nancy Simonson

DC Sail returns this summer to the Southwest Waterfront offering educational and recreational programs for children and adults. DC Sail is a community-based nonprofit organization with a mission to promote affordable, educational, recreational, and competitive sailing programs for youth and adults on small to medium-sized sailing vessels, in addition to a charter program on our 65-foot schooner, the American Spirit.

Youth sailing activities include an after-school "Learn to Swim and Sail" program with middle school students, a racing team in partnership with 10 local participating high schools, and the "Kids Set Sail" summer camp for youth ages 7-14. No prior sailing experience is necessary to participate in these programs. DC Sail caters to beginner and advanced-level youth alike. Scholarships are available to all youth, as it is DC Sail's top priority to teach sailing to any child with an interest in the available programs. The confidence level of a child skyrocket when they learn a new skill and have fun doing so.

The adult programs offer adults an opportunity for fun, education, and, as an added bonus, the sense of satisfaction that as a participant they are giving back to their community. Proceeds of the adult sailing programs go toward the support of youth programs. Adult sailing programs include the ability to rent all boats in our fleet, group sails for multiple people who want to "test" the sailing waters and beginner to advanced sailing lessons with the opportunity to become US Sailing Small Boat

Certified. The boats in our fleet include five 19-foot Flying Scots, ten 13-foot Flying Juniors, and four 13-foot Lasers. Other adult activities offered throughout the summer months include Wednesday night Social Sails, a Thursday night racing series, Friday evening membership cruises aboard the American Spirit, and regular dock barbecues so members can socialize.

DC Sail's schooner, the American Spirit, is available for private charters, in addition to its regular Friday night cruises. A popular activity is to go for a late afternoon sail on the Spirit and then walk down the street to attend a Washington National's baseball game. The Spirit is also used as a learning tool to introduce maritime history and the science behind sailing. Imagine experiencing the

beauty of your community from the water. It's a magical moment when the sails catch the wind, the water sparkles, and our nation's monuments shine in the distance. The American Spirit is available for office outings, a group of friends, family reunions, a date night, or any occasion where watching the sail catch the wind, the water sparkle, and the monuments seems like a good combination.

DC Sails appreciates and promotes community involvement in their programs. The community is invited to make a donation, become a member, become a sponsor, do a charter on the American Spirit, or volunteer. All contributions go towards improving the lives of youth in the community. DC Sails invites those interested to visit their website at [www.nmhf.org](http://www.nmhf.org), visit them at Gangplank Marina, 600 Water St. SW, or e-mail Sailing Director Blair Overman at [boverman@nmhf.org](mailto:boverman@nmhf.org).



## Neighborhood Night at Nat's Town

The Washington Nationals have announced their Neighborhood night at Nat's Town for Friday, April 23, 2010 when the Nats play the Los Angeles Dodgers at 7 p.m.

You can bring the whole family to enjoy the game and post-game fireworks show. The pre-game events will showcase Southwesters and the Fort McNair Color Guard. Free tickets have been distributed to seniors and youth in Southwest and Capitol Riverfront. A discounted ticket is available for other residents at the single price of \$17, which includes a \$10 seat and a \$10 food voucher with no convenience service charge (usually \$5). These discounted tickets must be purchased by calling or emailing the ANC at 202 554 1795 or [office@anc6d.org](mailto:office@anc6d.org) or SWNA at 202 554 8560.



Councilmember Tommy Wells came to Southwest in March for the installation of speed bumps on Canal Street in the vicinity of the King Greenleaf Recreation Center help calm traffic and to protect the young people who frequent the rec center. Photo by Perry Klein.



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